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embrasser ma plus jeune fille avant la nuit. Comme toujours,
nous bavardons un petit moment : Papa, je sens que je vais avoir
du mal à m'endormir, je suis trop énervée. Ah bon? Il y a des trucs
qui ne vont pas, tu as des soucis? Non, non, mais il y a plein de
choses dans ma tête. Tu sais comment on fait pour arrêter de
penser? Ouh ...

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qui développe de nouveaux câblages, modifie le fonctionnement
électrique du cerveau et épaissit le cortex. Quant à Bouddha, il
est venu au monde avec le même cerveau que tout le monde. Il
avait le pouvoir de générer le meilleur et le pire, la sérénité mais
aussi la colère, la clairvoyance comme la confusion, la force
intérieure ou les soucis, l'amour comme la haine.

Le cerveau de Bouddha - les arènes

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des neurosciences. À l'origine, Bouddha avait le même cerveau
que tout le monde, capable de sérénité mais aussi de colère, de
clairvoyance comme de confusion, d'amour ou de haine. Par le
travail de la méditation, il a transformé son être profond. Rick
Hanson vous explique comment, à la lumière des neurosciences

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Le neurologue Rick Hanson et le docteur Richard Mendius vous
prouvent, à l'aide des dernières découvertes en neurosciences et
en psychologie, que le cerveau surdéveloppé de Bouddha est
désormais à la portée de tous grâce à un simple entraînement.

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le déclin de notre esprit et changer de vie, c'est possible. Rick
HANSON est neurologue et professeur de méditation. Le docteur
Richard MENDIUS a fondé l'Institut Wellspring des neurosciences
et des sagesse contemplatives.

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capable de sérénité mais aussi de colère, de clairvoyance comme
de confusion, d'amour ou de haine. Par le travail de la méditation,
il a transformé son être profond. Rick Hanson vous explique
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